



SUSTAIN YOUR LIFE

By Debbi Provin-Martin

The 10 or More Club!

Do you want to lose 10 pounds or more? I've had numerous friends or acquaintances say to me that they want to lose "just 10 pounds"...I've said it myself. I admit that since moving to PR I've put on a few extra unwanted pounds. I also quit exercising because of a hip injury. Well, I had that fixed over the summer so I'm ready to GO! Who wants to join me in not only losing those few extra pounds, but in making the right choices about what you put into your body? Let's get going! Let's become aware of what we eat and why we eat it...and in the process lose 10 or more! **Join us for the 10 or more club.** If you are interested in joining our 10 or more club send an email to: 10club@sustainyourlife.com

Each week I'll send out emails including recipes, tips and more on how together we can lose 10 or more and make food choices that are beneficial to our health. Below are a few tips to get you started. Drink at least 64 ounces of water each and every day. Water reduces hunger, increases energy and flushes out toxins. Water is important when losing weight. If the idea of water is boring, add a squeeze or two of lemon or lime juice (great for the immune system) an ounce or two of pure cranberry juice, a mint leaf, a cucumber slice...very refreshing.

Add fresh raw fruits and vegetables to your daily diet. By adding fruits and veggies to your diet you are not only "crowding out" bulky carbs, such as white flour, white rice potatoes ect, you are getting the benefit of all the wonderful vitamins, minerals and fiber they offer...essential to controlling weight and feeling great.

Eat protein. Eating protein with every meal is a must for good health and losing weight. Protein is needed by every cell in our body. Choose good sources of protein; fish, poultry, legumes, nuts, and whole grains.

Move, move, move. Exercise is just as important as good nutrition when losing weight. Go to the gym, dance around the house, walk, cycle, jog, swim...there are so many ways to get moving. Make the effort be active everyday.

Snacking. Eating snacks is an important part of a healthy diet. It is essential to choose snacks that fuel your body and satisfy your hunger. Listed below are a few healthy snacks...a great alternative to the high fat, sugary snack: Vegetables and hummus ~ Yogurt with granola ~ Trail mix ~ Rice Cakes with nut butter ~ Apples mixed with walnuts and honey.

Hope to hear from you!
Until next time, remember to Sustain Your Life through nutrition and wellness!

Debbi



Chez Daniel FRENCH RESTAURANT

Open for lunch Fridays and Saturdays from 12:00 noon - 3 pm
Open for dinner Wednesdays to Mondays from 6:30 pm - 10 pm
Sunday Brunch from 12 noon - 4 pm Closed on Tuesdays

TAPAS bar

Open Wednesday to Sunday 12:00 noon - 11:00 PM
Mondays from 5:00 PM - 11:00PM Closed on Tuesdays

Bistro Rico

Light lunch and dinner. Open from 12 noon - 10 pm /Closed on Sundays

787.850.3838
www.chezdanielpalmasdelmar.net